

# DINNERLY



## Easy Italian Chicken Wraps

with Sweet Onions, Spinach and Tomato



25 minutes



2 Servings

We call these 'easy' wraps because they're perfect for a fuss-free dinner, but they could be called 'quick' or 'really tasty' wraps too. All you have to do is fry up onion and chicken, then pile it onto warm tortillas with spinach and tomato. Job done!

## WHAT WE SEND

- 1 red onion
- 1 tomato
- free-range chicken thigh fillets
- 10g Italian seasoning <sup>17</sup>
- 6 flour tortillas <sup>1</sup>
- 50g baby spinach leaves

## WHAT YOU NEED

- 1 tbs olive oil
- 2 tsp balsamic or red wine vinegar <sup>17</sup>
- 1 tsp sugar
- 2 tbs mayonnaise <sup>3</sup>

## TOOLS

- medium frypan
- foil

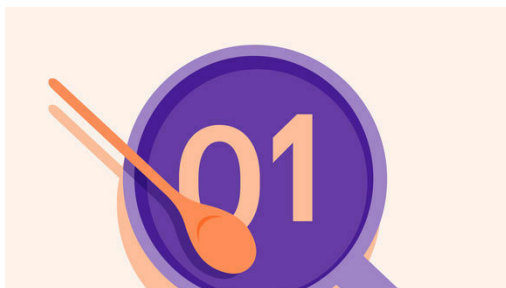
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

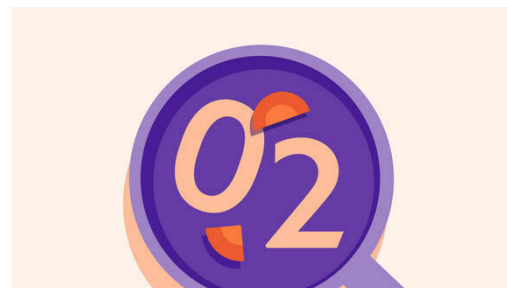
## NUTRITION PER SERVING

Energy 710kcal, Fat 40.4g, Carbs 47.3g, Proteins 36.5g



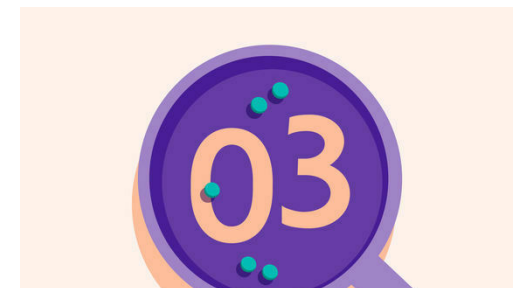
### 1. Prep ingredients

Preheat the oven to 220C (see Kitchen hack). Thinly slice the **onion**. Finely chop the **tomato**. Thinly slice the **chicken**. Combine the **Italian seasoning** and **2 tsp olive oil** in a large bowl. Add the chicken, season with **salt and pepper** and toss to coat.



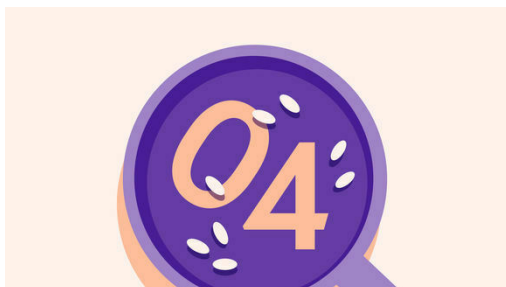
### 2. Warm tortillas

Enclose the **tortillas** in foil. Put in the oven for 8 mins or until softened and warmed through.



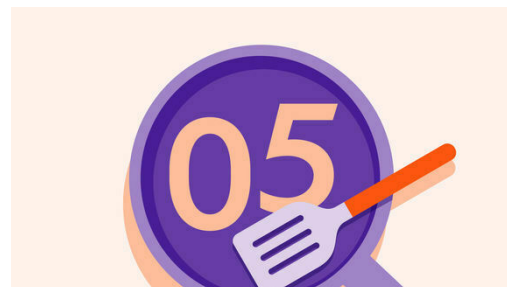
### 3. Make sweet onion

Meanwhile, heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **onion**, stirring occasionally, for 5 mins or until soft. Add **2 tsp balsamic vinegar** and **1 tsp sugar** and stir to combine. Remove from the pan.



### 4. Cook chicken

Return the pan to medium-high heat. Cook the **chicken**, stirring occasionally, for 3-4 mins until browned and cooked through. Remove the pan from the heat.



### 5. Serve up

Divide the **tortillas** among plates. Top with the **spinach**, **chicken**, **tomato** and **onion**. Drizzle with **mayonnaise** and enjoy!



### 6. Kitchen hack

Don't feel like turning the oven on? Heat the tortillas, one at a time, in a frypan over medium-high heat for 30 secs each side. It takes a bit longer, but gives them a deliciously crispy edge.